

ISR Physical Therapy Newsletter

A Proactive Approach to Excellence in Health & Rehabilitation



New Exercise Recommendations

January, 2009

The American College of Sports Medicine (ACSM) and the American Heart Association (AHA) have recently updated recommendations for exercise. These are the prescribed minimum levels of physical activity needed to improve overall health throughout life, and maintain vitality into old age. For the first time, the ASCM and the AHA also offer specific recommendations for people age 65 and older. The new recommendations call for healthy adults of any age to engage in moderate intensity aerobic activities (brisk walking) at least 30 minutes per day, 5 days per week. Vigorous activity (full-out jogging) for at least 20 minutes, 3 days per week, can be substituted. For those aged 65 and older who are at risk for falling, the recommendations add balance exercises.

Scientific evidence shows that physical activity done at a moderate intensity level can produce health benefits. While activity at a higher intensity or performed longer offers more health benefits, this level of activity may not be a realistic goal for everyone. Many Americans can celebrate the good news by setting a new personal goal-achieving and enjoying the benefits of a regularly active lifestyle that includes a variety of moderate- and/or vigorous-intensity activities. If you or a family member needs physical therapy, consider receiving these services at ISR Physical Therapy.

In addition to engaging in aerobic activity, the ACSM and AHA also recommend that you engage in strength training at least twice per week.

"No Excuses, Just Results!"



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